



MyPyramid Audio Podcasts

Get the Right Amount of Food

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host. I'll be sharing tips you can use everyday to eat right and get active.

You may be eating the right foods, but are you eating the right amounts? Even if a food is good for you, you still can eat too much of it. Use a smaller plate at dinner to better manage the amount of food you serve yourself. Put foods that are higher in calories in places where it is harder to reach them, such as away from the dinner table.

Discover the amounts of food you need by visiting MyPyramid.gov. You can also check out some great tips on eating and living healthy. See you next time!